

WELCOME BACK, SENATOR!



SCHOFIELD BARRACKS — U.S. Sen. Mazie Hirono stops to better examine the photos lining the walls of the 25th Infantry Division Headquarters, here, during a tour of the facility led by Maj. Gen. Kurt Fuller, commander, 25th ID, April 3.

As part of her first visit to Schofield as a U.S. senator, Hirono also toured Hale Kula Elementary School, the Warrior Transition Center and other locations. (Photo by Sgt. Matthew Ryan, 25th Infantry Division Public Affairs)

See related stories on B-1.

State Senate salutes local volunteerism

HAWAII STATE SENATE
News Release

HONOLULU — The Hawaii State Senate honored all branches of the U.S. armed services in Hawaii for their volunteerism in public schools across the state with a Certificate of Recognition ceremony at the State Capitol, here, Friday.

Maj. Gen. Anthony Crutchfield, chief of staff, U.S. Pacific Command, accepted the award on behalf of all volunteers.

The Army, Marines, Navy, Air Force, Coast Guard and Hawaii National Guard have volunteered of their time, talent and resources in supporting 147 partnerships in 136 K-12 public schools throughout Hawaii.

“The partnerships formed with the military have benefits that go well beyond the positive improvements seen in our schools and classrooms,” said Sen. Jill Tokuda, chair, Senate Committee on Education, who presented the award.

“(These alliances) create strong relationships and bonds between our military members and our school communities as they work together for what is best for all of Hawaii’s keiki,” Tokuda continued. “Our military volunteers bring a wealth of expertise and energy to share with our students, and they have shown their dedication and commitment to helping us build stronger communication while supporting our schools.”

See SENATE, A-3

April starts distracted driving campaign

HAWAII DEPARTMENT OF TRANSPORTATION
News Release

HONOLULU — Honolulu Gov. Neil Abercrombie has proclaimed the month of April “Distracted Driving Awareness Month” in Hawaii, thereby announcing a monthlong distracted driving awareness campaign throughout the state.

This occasion is the first time the Hawaii Department of Transportation (HDOT) is participating in the National Highway Traffic Safety Administration’s National Distracted Driving Awareness Month effort.

Distracted driving is any non-driving activity in which a person engages while operating a motor vehicle. Such activities have the potential to distract the person from the primary task of driving and increase the risk of crashing.

“As hand-held electronic devices continue to become more prevalent, the temptation to use them while driving increases; we all have a stake in this growing problem, and we are all part



Drivers who use hand-held devices while driving are four times as likely to get into crashes. (File photo)

“We all have a stake in this growing problem, and we are all part of the solution ... As drivers, we must focus our attention on driving and insist that when riding with others, they do the same.”

— Honolulu Gov. Neil Abercrombie

of the solution,” Abercrombie said.

“Across the Islands, the state is working together with county police departments to increase awareness of distracted driving laws that make our roads and highways safer,” he continued. “As drivers, we must focus our attention on driving, be good examples to children, peers and the entire community, and insist that when riding with others, they do the same.”

HDOT launched a statewide media campaign to raise awareness about distracted driving earlier this month, with distracted driving public service announcements (PSA) airing on television and in movie theaters.

The TV PSA focuses on texting while driving and asks viewers to “End distracted driving, before it ends you.”

The radio PSA discourages listeners from driving distracted, especially using a mobile device.

In addition to HDOT’s media campaign efforts, county police departments will continue to enforce Hawaii’s existing county ordinances prohibiting the use of mobile electronic devices while operating a motor vehicle, which makes it illegal for drivers to text or engage in other hand-held uses of mobile electronic devices, such as cell phones, MP3 players, personal digital assistants and navigation devices.

Drivers who use these hand-held devices while driving are four times as likely to get into crashes serious enough to injure themselves or others.

In 2010, there were 3,092 people killed nationwide in crashes involving a distracted driver. Additionally, an estimated 416,000 were injured in motor vehicle crashes involving a distracted driver.

“We are focusing on changing the behaviors of drivers through legislation, enforcement, public awareness and education — the same activities that have curbed impaired driving and increased seat belt use,” said Glenn Okimoto, director, HDOT. “Our goal is to help drivers understand that texting, cell phone use and other distractions behind the wheel can have dangerous consequences.”

Army Reserve chief visits Hawaii Soldiers

Talley makes inaugural island tour

Story and photo by
SGT. ELIZABETH COLE
305th Mobile Public Affairs Detachment,
9th Mission Support Command

HONOLULU — The Chief of the Army Reserve was greeted with a warm aloha as he visited Army Reserve Soldiers, families and civilians, here, April 4-11.

Lt. Gen. Jeffrey Talley, commander, U.S. Army Reserve Command, and his wife, Linda, were introduced to hundreds of Reservists in their first-ever meetings with the Hawaii-based Soldiers since taking command.



Talley

Talley was also joined by Command Sgt. Maj. James Lambert, interim command sergeant major, Army Reserve, and Chief Warrant Officer 5 Phyllis Wilson, command chief warrant officer, U.S. Army Reserve Command.

Talley was visiting Hawaii as part of a Pacific engagement tour, during which he conducted town hall meetings with Soldiers of the 9th Mission Support Command, U.S. Army-Pacific and U.S. Pacific Command.

Throughout the week, he addressed hot topics for Soldiers, such as the future of the Reserve, sequestration and cutbacks, and the integration of multiple-component units.

Despite Soldiers’ concerns, Talley was able to instill confidence and explained that the prevailing sentiment of the country’s leaders is that the Army Reserve is sized just right and isn’t in need of cutbacks.

Both Lambert and Wilson made further comments to the Soldiers on the subject and encouraged them to maintain a high level of discipline to ensure career sustainment, in case a decrease in troops was to ever occur.

Talley said he is using his command time to implement improvements that will benefit all Soldiers, across every component, from the Reserves and National Guard to active duty.

“What I am trying to do is find where we can grow the capability and where it would be most beneficial for all,” said Talley.

Talley added that leaders are trying to make better use of multi-component units by combining forces and streamlin-

See TALLEY, A-7

Police Call | A-2

DES highlights importance of child safety.

SHARP | A-6

8th TSC leaders sign support for Sexual Harrassment/ Assault Response and Prevention.



Cleanup | B-3

9th MSC, USAG-HI Soldiers and civilians team up to clear Pearl Harbor bike path.



Lightning athletes | B-4

2nd SBCT launches new fitness academy to pump ... Soldiers up.



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Police Call

Keiki IDs can help keep children safe

COL. MARK JACKSON

Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

More than 150 keiki (“child/children” in Hawaiian) identifications have been issued in the past two weeks as U.S. Army Garrison-Hawaii law enforcement personnel are continuing outreach efforts with military communities during public events.

The Schofield Barracks Bike Patrol issued 76 keiki IDs to children and parents during the Earth Day Family Fun Fest, March 30; the week prior, another 98 IDs were issued during the “End the Use of the R-Word Rally,” hosted by the Exceptional Family Member Program, Army Community Service.

The Honolulu Police Department has partnered with Chevron to host this opportunity within our communities since 1998.

Originally, the keiki ID only had basic information: the child’s name, parents’ names, date of birth, hair and eye color, and a thumbprint.

Recent updates to the keiki ID now include a picture, both thumbprints and

home address.

Keiki ID cards issued by the USAG-HI Directorate of Emergency Services have all four fingerprints, blood type and a hair sample.

This update provides additional information and a DNA sample, if necessary.

A keiki ID can be a valuable tool to help identify a lost child in the case of an emergency. Parents should store their child’s keiki ID in a safe, but accessible location at home, and update the information annually.

Island Palm Communities, DES and the Directorate of Family and Morale, Welfare and Recreation will regularly post on their Facebook pages the dates of events during which keiki IDs will be issued.

The following is a list of upcoming community events:

- Bike Rodeo, April 13, Aliamanu Military Reservation;
 - McGruff/D.A.R.E. Support, April 16, Fort Shafter Child Development Center;
 - Earth Day, April 27, Fort Shafter Flats; and
 - May Day, May 17, Solomon Elementary, Schofield Barracks.
- In case of an emergency, contact the Missing Child Center at 586-1449, or your local military police station: Schofield Barracks at 655-7114/5555, or Fort Shafter at 438-7114.

See POLICE, A-8



Jackson

BACKTObASICS

Good leaders plan ahead

SGT. 1ST CLASS RALPH MARTIN

205th Military Intelligence Battalion, 500th MI Brigade

Over a decade of war has taken its toll on the U.S. military and its armed forces. The Army is no exception to that rule. We have seen customs and courtesy thrown to the side for a more dedicated and combat-driven Soldier. We have seen standards allowed to slip and fall to the wayside. We have also seen traditions that were once held in high regard fall victim to war.

As we transition away from a time of war, we once again transition to a garrison environment. With that transition, we find ourselves getting back to the basic fundamentals of being a Soldier and also revisiting those traditions, customs and standards that we once held so dear.

It is up to us, the senior noncommissioned officers, to take up the gauntlet and put it down at the feet of our Soldiers and junior leaders. We must challenge them to get back to the basics, get back to tradition.

The 205th Military Intelligence Battalion is leading the way with several programs geared toward education, traditions and adhering to Army regulation set forth to groom the future to be better professionals ... better Soldiers.

All units in the Army are guided by the same standards and discipline; the onus is on sergeants to ensure these standards are followed. Things such as remedial physical fitness training — in accordance with Army Regulation 600-9, Army Weight Control; AR 350-17, the NCO Development Program; and Field Manual 7-22, Physical Readiness Training — cover a few of the basic areas we, as leaders, must train our Soldiers and sergeants on, so they are ready for the next level of challenges.



Martin

At the 205th MI Bn., we pride ourselves on the future of our force. We have gone above and beyond the standards outlined in ARs, Army Doctrine Publication/Army Doctrine Reference publications and FMs.

We have started programs that assist Soldiers and leaders before they are put on the remedial training or before those Soldiers become leaders themselves. Our fitness club was started by a senior NCO to help Soldiers and leaders who need to improve their physical fitness and to also assist them in losing weight before it becomes a problem for their career.

Identifying issues before they become issues and taking initiative to see a better future for the Army means getting these Soldiers back to the basics of taking care of their professional appearance and remaining disciplined.

Soldier Stakes is a competition between junior Soldiers that is composed of Army Warrior Tasks, physical fitness and general friendly competition, which are planned, briefed and executed by a team of junior Soldiers. This process allows Soldiers to be confident in developing a plan and teaches them how to better use the eight-step training model and how to execute a training plan.

Ensuring our Soldiers remain ready for the next level and the challenges at that appropriate level, we have designed a mock board program for Soldiers appearing before the promotion board. The session is held weekly (by a senior NCO) to groom the Soldier on weapons, PRT, land navigation and unit history, just to name a few areas.

Knowing our Soldiers are prepared leaves a vast amount of satisfaction here at the 205th MI Bn. The key takeaway is you are either a wearer of the pay grade or a bearer of the rank and responsibility that comes with it.

We must take on the challenge in preparing our Soldiers and leaders; we must also take the time to stay prepared ourselves. Soldiers want the guidance. Guide them. Stay vigilant. Stay ready.

First STEPS in FAITH

CHAPLAIN (CAPT.) CARLOS MOLINA

Headquarters and Headquarters Battalion, 25th Infantry Division

Everyday people like you and me live their lives hoping that one day they will find joy.

Unfortunately for them, joy is not something you bump into by accident or “luck.”

In fact, I am convinced that joy is not something you arrive at, but rather a state of mind through the journey of life.

In his letter to the Philippians, the Apostle Paul encouraged them over and over to “rejoice in the Lord.” He went on to recognize that he had not achieved everything, yet, but he continued to move on, “forgetting the past and straining toward the future with singleness of focus.”

As you and I journey through life, we can choose to be victims or victors. We all go through difficult circumstances — we loose loved ones to illness, endure financial hardships, suffer the betrayal of a loved one and more.

And while our experiences are not exactly the same, we all suffer. That is the nature of this fallen world.

Yet, what makes the difference is how we choose to respond to what life throws at us.

Paul was a man who had gone from riches to rags. Once he had been a respected scholar and religious figure, but after accepting Christ’s invitation to follow him, Paul became “persona non grata” in Jerusalem and spent his days between preaching and prison, beatings and persecution.

His life was not easy at all; yet, he could talk about the joy that filled his heart and drove his life.



Molina

He had experienced a transforming encounter with Jesus and further he had invested his time and energy to develop the most important relationship ever.

He became friends with God. It was this choice that made Paul a victor. Sure, he suffered a lot because of his faith, and in the end, they killed him, but they were never able to crush his spirit.

Some think that joy comes with a life of ease, but nothing could be further from the truth.

I say again, joy is a conscious decision of the mind that governs the heart. When you choose to be joyful, regardless of your circumstances, you can endure pain and suffering with a sense of hope and purpose.

It does not mean that you will understand everything or that you are somehow invincible, but rather it means that while you may hurt for a while, you have the assurance that you will come out on top, even if you don’t know how.

Not too long ago, I was asked where I would like to serve as my next assignment. I always wanted to go to Europe, and I was really tired of Afghanistan, so I said Germany. The day came when I received an email with my assignment: Schofield Barracks, Hawaii.

At first I was a bit disappointed, but then my wife asked me if I was happy with my assignment. I remember what I told her: “Mi amor, I will be happy anywhere I go.”

Joy is something that I choose. It is too important to leave to chance. I choose to rejoice.

Little did I know how important that decision would be. But even less did I know that God had a great community of faith that would become my family. He even blessed me with a great unit, and I feel blessed every day I go to work.

So what about you? Are you choosing joy? Or will you leave it to chance? Will you be a victim or a victor?

I sure hope that you choose joy and be a victor!

Q A

Why does the Hawaii Army Weekly publish courts-martial findings?

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Sgt. damages govt. property

The Office of the Staff Judge Advocate for the 25th Infantry Division and 8th Theater Sustainment Command publishes the results of the following recent courts-martial.

25th ID

•A sergeant from Company A, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, was found guilty of one specification of Article 92, violating a general order; one specification of Article 95, resisting apprehension; three specifications of Article 108, damaging government property; three specifications of Article 109, damaging personal property; three specifications of Article 111, drunken operation of a vehicle causing injury; five specifications of Article 128, aggravated assault; and five specifications of Article 134, disorderly conduct.

The sergeant was sentenced to 42 months confinement and reduced to the grade of E-1.

•A staff sergeant from Headquarters and Headquarters Co., 1st Bn.,

14th Inf. Regt., 2nd Stryker BCT, was found guilty of two specifications of Article 128, assault with a deadly weapon.

The staff sergeant was sentenced to two years confinement and reduced to the grade of private, with a forfeiture of all pay and allowances, and a bad conduct discharge.

•A sergeant from Troop A, 2nd Squadron, 14th Cavalry Regt., 2nd SBCT, was found guilty of one specification of Article 91, disrespect to a superior noncommissioned officer through language and deportment, and one specification of Article 134, drunk and disorderly conduct.

The sergeant was sentenced to confinement for 14 days, reduction to the grade of private first class and a bad conduct discharge.

•A private first class from HHC, 1st Bn., 14th Inf. Regt., 2nd SBCT, was found guilty of four specifications of Article 120, aggravated sexual assault of a child between 12

See COURTS, A-8

Voices of Ohana

April is National Sexual Assault Awareness and Prevention Month.

“What more can be done to improve sexual assault prevention?”

Photos by 305th Mobile Public Affairs Detachment, 9th Mission Support Command



“Remove the stigma from the victims so more people come forward — male or female.”
Chief Warrant Officer Stanley Fisher
Operations officer/rear detachment commander, Co. B, 301st MI Bn., 500th MI Bde.



“More awareness classes and activities using real-life scenarios, rather than PowerPoint presentations.”
Sgt. Lawrence Olive
CBRN specialist, 302nd Terminal Trans. Bn., 9th MSC



“More education and knowledge of the severity of punishments.”
Nelcy Palmer
Unit administrator, 302nd Terminal Trans. Bn., 9th MSC



“More individual training to make people aware of the problem.”
Lt. Col. Wilfredo Santiago
Chaplain, 9th MSC



“Better psych evaluations before enlistment.”
Sgt. Joseph Vine
Operations NCO, HHC, 9th MSC

IMCOM has new deputy commander

LUKE ELLIOTT
U.S. Army Installation Management Command

SAN ANTONIO — U.S. Army Installation Management Command Soldiers and civilians welcomed a new deputy commander to the organization during a ceremony at the Fort Sam Houston Theater on Joint Base San Antonio, Texas, March 28.

Brig. Gen. Jason Evans, who was joined at the ceremony by his wife, Machelie, officially assumed responsibilities as IMCOM deputy commander for operations.

Prior to arriving at IMCOM, Evans served as the adjutant general of the

Army and executive director of the Military Postal Agency.

“Chelle and I are excited to have the opportunity to begin another chapter of our Army journey here in the great city of San Antonio,” said Evans. “I am particularly honored to be able to serve as a member of the Installation Management Command team, and to serve with the thousands of dedicated IMCOM professionals as we endeavor through



Evans

inspired leadership to deliver programs and services to achieve the greatest positive impact for Soldiers, families, civilians and veterans.”

Lt. Gen. Michael Ferriter, commander, IMCOM, described many of the positions that Evans has served in throughout his career, but he brought special attention to his time as the commander of the U.S. Army Garrison, Fort Monroe, Va., from 2005 to 2008.

Ferriter also took time to praise Evans’ record.

“His advice, his counsel and his leadership really have shaped today’s Army, and today, we are glad to have him,” Ferriter said.

SENIOR COMMANDER



SCHOFIELD BARRACKS — Maj. Gen. Kurt Fuller is the new senior commander of all Army installations in Hawaii, effective April 5. He is also the commander of the 25th Infantry Division. (Photo courtesy 25th Infantry Division Public Affairs)



Maj. Gen. Anthony Crutchfield (first row, center), chief of staff, PACOM, accepts a Certificate of Recognition award on behalf of volunteers from all U.S. armed service branches in Hawaii during a ceremony, April 5. Hawaii State senators presented the certificate to honor service members for their volunteerism in public schools across the state. (Photo courtesy Senate Communications)

Senate: Volunteers receive ‘mahalo’ for service

CONTINUED FROM A-1

In 2012, Hawaii’s military service members provided more than 10,000 volunteer hours to public schools. Service projects included helping with campus beautification projects, partnering with the Hawaii 3R’s program to repair

and maintain public schools, providing mentoring and tutoring, promoting physical fitness and healthy lifestyle programs, and assisting with science, technology, engineering and mathematics (STEM) programs.

In addition, the military branches partner with the Junior Reserved Offi-

cers Training Corps (JROTC) at high schools to provide opportunities to reinforce what is learned in the classrooms with field trips to military bases, parades, summer leadership schools, drill team competitions, military balls, honorary academic groups and other community activities.



Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today

Tuition Assistance — The GoArmyEd online portal has been turned back on as of April 9, allowing Soldiers to request Tuition Assistance (TA) for the remainder of fiscal year 2013. Eligibility for TA and annual caps (\$4,500 per year, and \$250 per semester hour) remain unchanged. Visit www.goarmyed.com.

Employee Town Hall — Col. Daniel Whitney, commander, U.S. Army

Garrison-Hawaii, will conduct an Employee Town Hall, 1-2 p.m., April 12, at the Main Post Chapel, Schofield Barracks, with a hearing impaired interpreter available.

Lauhala Road Lane Closures — One lane of Lauhala Road will be closed, 7:30 a.m.-5 p.m., April 12-25, to install an underground electrical conduit, water-line and asphalt restoration. Two-way traffic patterns will be restored after work hours. Project schedule is subject to change, pending weather delays and unknown underground conditions. Call 656-2420 or 864-7014. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Traffic Alerts.

Family Engagement Kit — The Family Engagement Kit is an awareness tool designed by the U.S. Army Combat Readiness/Safety Center to involve Army families in Soldier safety. The kit is available online and includes an interactive two-part safety presentation, informa-

tional posters and handouts, videos, interviews with Army spouses, a train-the-trainer module and a listing of helpful family and behavioral health resources, all targeted to on- and off-duty safety hazards.

Visit <https://safety.army.mil/multi-media/CAMPAIGNSINITIATIVES/FamilyEngagementKit/tabid/2150/Default.aspx>.

15 / Monday

Technology Days — All interested personnel are invited to attend the 20th annual Technology Days, 10:30 a.m.-2 p.m., April 15, at the Hale Ikena, Fort Shafter, and April 17, at the Nehelani, Schofield Barracks.

More than 40 exhibitors will be on hand, with demos on some of the latest advancements in the information technology field from leading industry and government vendors.

There is no fee to attend; email dennis@fbcdh.com.

See NEWS BRIEFS, A-8

DOD automates job search tools with H2H

U.S. ARMY INSTALLATION MANAGEMENT COMMAND
News Release

SAN ANTONIO — Transitioning Soldiers have access to many kinds of resources as they prepare to enter the post-military phase of their lives, many of which are available at Army Career and Alumni Program offices on installations.

For Soldiers without regular access to an installation, however, the resources and tools needed for a successful transition might not be readily available, or available at all.

This situation applies to many Reserve and National Guard Soldiers, but could also apply to Soldiers recovering from injuries or illness.

To address the need for widely available transition resources, the Department of Defense created the Hero2Hired (H2H) program as a central, user-friendly resource for active duty, Reserve and National Guard service members to connect with military-friendly companies that want to hire them.

H2H has an array of interactive transition tools, including military-to-civilian skills translation, education and training resources, and lists of employers, as well as a mobile smartphone app.

The program offers the following valuable resources:

- Job Searches.** If you know the name of a company that is registered with H2H, just type its name into the search box, and H2H will narrow down your search.
- Military Skill Translator.** You can enter your Military Occupational Code to get a list of career paths that are most likely to fit your military training and experience.
- Career Assessment Survey.** If you’re not sure what you want to do, H2H offers a short skills and interests survey to help you determine what career types fit best with your background.
- Advice and Training.** This tool provides helpful tips on job-hunting techniques, interview preparation and resume building, along with information on school offerings, certificate and training programs, apprenticeships, financial aid and more.
- Hiring Events.** Find local hiring events in your area, or attend a virtual career fair online from home. Or, search a database of jobs and speak directly with employers from the comfort and convenience of home. The only requirement is a personal computer with Internet access.

H2H is provided through the DOD’s Yellow Ribbon Reintegration Program, which currently is revising and expanding its scope due to demand for the program.

Online Tools

The Hero2Hired website is intended to provide transitioning service members with one more way to access the tools and information needed to step out of the combat uniform and into a new civilian career.

The H2H site is located at the following link:
•<https://h2h.jobs/>.

Once on the site, you can set up an account and look around to find out how H2H can help you find your next job.

If you have any questions, contact Mitchell Lee at (210) 466-0123 or (210) 722-4721. Email Mitchell.a.lee.civ@mail.mil.



The Medal of Honor (pictured above) was awarded posthumously to Chaplain (Capt.) Emil Kapaun in a ceremony at the White House, Thursday. (File photo)

Army chaplain receives praise from president

SGT. CHRISTOPHER HUDDLESTON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — President Barack Obama awarded a long overdue posthumous honor to an Army chaplain in a ceremony at the White House, Thursday (April 11).

Chaplain (Capt.) Emil Kapaun received the Medal of Honor for distinguishing himself by conspicuous gallantry and indomitable courage above and beyond the call of duty in action against the enemy as a chaplain in 3rd Battalion, 8th Cavalry Regiment, 1st Cavalry Division, at Unsan, Korea, and as a prisoner of war at a prison camp in Pyoktong, North Korea.

He is the seventh chaplain to receive the Medal of Honor.

According to a November 2012 article by retired Lt. Col. William Latham Jr., Kapaun spent much of his time on the front lines, running from foxhole to foxhole, praying with Soldiers, carrying the wounded to safety and administering last rites to those who could not be saved.

“I have been on the front lines for eight days,”

wrote Kapaun in a letter dated Aug. 7, 1950. “We were machine-gunned, hit by mortars and tanks. Three times we escaped with our lives ... God has been good to me. Others have not been so fortunate. There are many horrors in war. A fellow can only stand so much.”

In November 1950, Kapaun and other Soldiers were captured by Chinese troops and led by gunpoint to a prison camp, where he would eventually die of illness in May 1951.

Faithful to the end, Kapaun reminded his friends, who were allowed to carry him to a prisoner hospital the POWs called the “Death House,” to forgive their enemies, and offered a few last bits of advice on personal issues each had.

In addition to receiving the Medal of Honor, Kapaun also is the subject of a Vatican investigation for sainthood.

(Editor's note: Read the full story at www.hawaiiarmyweekly.com/2013/04/09/army-chaplain-receives-high-praise-from-president-country/.)



Chaplain (Capt.) Emil Kapaun. (Photo courtesy U.S. Army-Pacific Public Affairs)

Medal of Honor recipient’s remains return home

STAFF SGT. AMBER ROBINSON
U.S. Army-Pacific Public Affairs

HONOLULU — At the Courts of the Missing at the National Memorial Cemetery of the Pacific, here, the name of a warrior whose bravery and sacrifice earned him a posthumous Medal of Honor is listed.

Although this brave man’s legacy lives on, his remains were thought to be lost forever on the Korean battlefield.

After 63 years listed as Missing in Action, Lt. Col. Don Carlos Faith Jr. will return home for burial at Joint Base Meyer-Henderson Hall Memorial Chapel, April 17.

Lt. Col. Timothy Miller, an officer assigned to U.S. Army-Pacific Headquarters, will escort Faith’s remains to Arlington National Cemetery.

Faith was killed in action in the Korean War, and his body was not recovered until just recently by Joint Prisoners of War, Missing in Action Accounting Command.

He was awarded the Medal of Honor for courage in five days of bloody fighting near Hagaru-ri in the Chosin Reservoir campaign of 1950. He was also a veteran of World War II and completed five combat tours.

“It’s been said that it’s pretty easy to lead when it’s sunny out and the decision is a yes or no decision, but Lt. Col. Faith did not have some of those easy options,” said Lt. Col. Jonathan Beasley, battalion commander, US-ARPAC Headquarters, who has used Faith’s story for lessons about leadership under fire.

“He led by example from the front,” Beasley said, noting that decision would ultimately cost Faith his life.

After Faith was killed, his body was loaded onto an Army truck for evacuation to a nearby aid station. During this transport, the truck was ambushed, and Faith’s remains



Lt. Col. Don Carlos Faith Jr. will be buried at Arlington National Cemetery, April 17, after being listed as MIA for 63 years. (Photo courtesy U.S. Army-Pacific Public Affairs)

disappeared during the attack. Now, 63 years later, Faith will be laid to rest with full military honors.

“I’ve read that story so often and taught it so often that it’s almost like closure,” said Beasley. “It’s refreshing that after all these years he can come home and that we are bringing an American patriot and hero home to be buried in Arlington Cemetery.”

(Editor's note: Read the full story at www.hawaiiarmyweekly.com/2013/04/09/medal-of-honor-recipients-remains-return-home/.)



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‘Chargers’ conduct water training at Ford Island

Story and photo by
1ST LT. ANDREW HYRES
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

FORD ISLAND — Soldiers of Company A, 325th Brigade Support Battalion, “Chargers,” 3rd Bde. Combat Team, 25th Infantry Division, allowed their entire Fuel and Water Platoon to participate in water purification operations, here, March 22.

They exercised equipment and functionality of a Tactical Water Purification System (TWPS) at the Water Training Site.

“Our purpose today was to cross-train to maintain our equipment and troubleshoot any operator deficiencies and to teach better operational processes,” said 1st Lt. Karen Wong, officer in charge, Co. C, 325th BSB, 3rd BCT.

“This allows everyone in the platoon an opportunity to refresh their knowledge and hands-on ability on this particular piece of equipment, which wasn’t used in Afghanistan,” Wong added.

Using the Army’s TWPS, the platoon has the capability to provide up to 1,300 gallons of purified salt water for drinking, bathing, cooking and laundry.

First, water is drawn from different sources through a filter in the TWPS before going through a micro-filtration process that uses reverse-osmo-



Pvt. Sabino Garcia (left) and Pfc. Damon Neason, both of Co. A, 325th BSB, 3rd BCT, 25th ID, inspect the water level of a micro-filtration feed tank connected to the TWPS, March 22.

sis elements to remove contaminants and impurities. Then, chemicals are added to make the water safe for use and consumption.

It is tested hourly to ensure the pH balance and temperatures are in acceptable ranges.

Each TWPS can produce 30,000 gallons of water a day to sustain operations for extended periods on the battlefield. The TWPS is also capable of filtering salt water for use by Soldiers.

“This training showed the platoon the work that goes into building a water site (and) what its equipment is capable of,” said Sgt. Dartagnan

Baldwin, squad leader, Fuel and Water Platoon, Co. C, 325th BSB, 3rd BCT.

“Cross-training and getting the fuel section of the platoon were very beneficial, because their proficiency is needed if we fall short,” Baldwin added. “This training (also) benefits our new Soldiers just arriving to the unit; they get hands-on training and get involved and conduct in-depth maintenance.”

Experience gained, here, keeps Soldiers trained and ready for missions anywhere they are needed in the Pacific.

The Soldiers received even more motivation for their potential missions when Col. Brian Eifler, commander, 3rd BCT, 25th ID, and Command Sgt. Maj. Ray Devens, senior enlisted leader, 25th ID, paid the platoon a surprise visit.

“Training went well. We have some solid expertise at the small-unit level, which can definitely be built on for the future,” said Capt. Guecheon Theobal, commander, Co. C, 325th BSB, 3rd BCT.

“It’s important that these Soldiers are proficient at their professional skills and be well-rounded in both fuel and water to make them more versatile,” Theobal added. “If we are called into action in the Pacific, it is our job to be trained and ready to go. It starts at the lowest level, and we rely on expertise of their craft.”

561st Engineers participate in NTC rotation in California

Story and photo by
1ST LT. TAYLOR STOKES
561st Engineer Company,
84th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers of 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, recently returned, here, from the National Training Center (NTC) at Fort Irwin, Calif., where they increased their readiness and assisted the 2nd Heavy Bde. Combat Team, 1st Infantry Division, with its preparation for an upcoming deployment.

“Besides actually going to Iraq or Afghanistan, this is the closest the Soldiers can get to experiencing what it is like being downrange,” said Sgt. 1st Class David Jusino, platoon sergeant, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Over a period of 15 days and nights, the “Warriors” of the 561st Eng. Co. conducted several training missions that culminated in the comple-

tion of nine tank defilades, the improvement of an unmanned aerial vehicle airstrip, and replacing more than 1,600 meters of tank ditch.

The Soldiers clocked countless hours of operating time, increasing their confidence and skills.

In one scenario, the commander of the 2nd HBCT requested the first 800 meters of tank ditch be complete within 24 hours. To meet the deadline, the engineers worked in temperatures as low as 40 degrees Fahrenheit, with wind gusts up to 15 miles per hour.

Regardless of the time or the weather, the Soldiers were ready to perform.

“I didn’t think I would actually enjoy coming to NTC, but I did,” said Spc. Jay Nichols, heavy equipment operator, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “I was brought to what I thought was my breaking point, and then I surpassed it.”

The Soldiers were also able to cross-train with the engineers of Co. C, 2nd HBCT.

“I always love to operate as many different



FORT IRWIN, Calif. — Spc. Sharon Shamblin, a heavy equipment operator with the 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, maneuvers a D7 dozer while digging a tank defilade during the company’s NTC rotation, here, March 25.

pieces of equipment as possible,” said Spc. Zachery Stiglitz, heavy equipment operator, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Stiglitz was one of the Soldiers from the 561st Eng. Co. who operated the Armored Combat Earthmover from Co. C, whose Soldiers, in turn, had the opportunity to operate the Warriors’ D7 bulldozers.

Other Soldiers who considered themselves experienced on only one piece of engineer equipment were challenged to learn the rest of the equipment the platoon had.

“I’ve earned the title of heavy equipment operator, because I’m not just a dozer operator,” said Pfc. Raymond Williams, newly titled heavy equipment operator with the 561st. “I know how to operate all the equipment in my platoon.”

“We were sent to NTC to reveal our weaknesses and then fix them, get our Soldiers stick time, and take part in some of the best training the United States Army has to offer,” Jusino added. “We did just that and are better for it.”

8th TSC pledges commitment to SHARP initiatives

Story and photo by
STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — The 8th Theater Sustainment Command kicked off Sexual Harassment/Assault Response and Prevention (SHARP) month with a proclamation signing, here, April 2, to signify the unit’s commitment to SHARP and its goals.

“The proclamation serves as a ‘launching’ of our command’s internal efforts hosting several awareness events throughout the month,” said Lt. Col. Jacqueline Westover, program director for 8th TSC’s SHARP program.

“Our focus is not restricted to simply awareness, but events that facilitate discussion and provide training opportunities to our Soldiers,” Westover added. “Our command is building a solid program based on high-quality victim care and interactive training to promote the Army’s I. A.M. STRONG with a desired end-state of achieving cultural change.”

“I Am Strong”
To learn more about the Sexual Harassment/Assault Response and Prevention program, visit www.sexualassault.army.mil/.

Maj. Gen. Stephen Lyons, commander, 8th TSC, and Command Sgt. Maj. Nathan Hunt, senior enlisted adviser, 8th TSC, were on hand to sign the proclamation and speak about the importance of SHARP to the unit, as well as the Army as a whole.

“This is a national-level event, fully endorsed by the U.S. Army, and consistent with the I. A.M. STRONG campaign,” said Lyons. “Sexual assault is a crime and, in my opinion, one of the worst kinds of predatory behaviors imaginable. It is completely inconsistent with our Army values. It goes against all the leadership teaching we have received about investing in Soldiers and growing our future in a climate of dignity and respect.”

Lyons explained that there is zero tolerance in the Army for sexual assault and harassment, noting that the 8th TSC and the Army want to create a culture that empowers everyone to do the right thing and teach younger Soldiers what right looks like.

“We are an Army that prides itself in developing leaders,” he said. “Our legacy is in the investments that we make in the Soldiers, who will serve and continue to invest in the next generation long after we’re gone.”

Lyons also reminded Soldiers that sexual assault isn’t a problem unique to the military; the Army is an aspect of the culture at large, but the Army will take every step necessary to mitigate and eliminate threats to its Soldiers.



Senior leaders and SHARP program advisers of 8th TSC hold the SHARP proclamation that signifies the unit’s commitment to the program and its goals following a signing, April 2. Pictured are (from left) Maj. Gen. Stephen Lyons, commander; Lt. Col. Jacqueline Westover, SHARP program director; Sgt. 1st Class Daphne Thomas, SHARP program senior enlisted adviser; and Command Sgt. Maj. Nathan Hunt, senior enlisted adviser.

“This is an issue that, we know, will eat at the fabric of the cohesion and readiness of the force,” he said.

Westover thanked the command team of the 8th TSC for its hard work and commitment to

this very important issue.

“We are fortunate to have the leaders in 8th TSC so engaged and seriously committed to this program,” Westover said, “and the conviction to end sexual assaults in our ranks.”

Army observes April as Sexual Assault Awareness Month

CYNTHIA HAWKINS
Army News Service

April is recognized as Sexual Assault Awareness Month (SAAM) nationwide.

The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent it.

Originally, women-only protests emerged across the country in direct response to the violence women encountered.

But before long, these activities became more coordinated and quickly developed into a movement that included issues of sexual violence against men, as well as men’s participation in ending sexual violence.

For our military, sexual assault is a problem that will require sustained vigilance and a steadfast team effort to eradicate.

Sexual assault breaks the bond of trust among

Soldiers that is essential to the mission. This lack of trust degrades mission readiness by harming the victim and the unit’s ability to work effectively as a team.

“As military professionals, we must fully understand the destructive nature of these acts (sexual assault), lead our focused efforts to prevent them and promote positive command climates and environments that reinforce mutual respect, trust and confidence,” said Joint Chiefs of Staff Army Gen. Martin Dempsey in a recent press



release.

“Sexual assault among service members is a problem we face together,” Dempsey continued, “and that can only be solved together.”

There is no surefire way to prevent a sexual assault attack; therefore, the SAAM campaign includes a greater focus on prevention.

The Sexual Harassment/Assault Response and Prevention (SHARP) program reinforces the Army’s commitment to preventing incidents of sexual harassment and sexual assault through a

comprehensive policy that centers on awareness, training and education, victim advocacy, response, reporting and accountability.

The SHARP program provides advocacy services and resources that support victim recovery from the trauma of sexual assault, works to reduce the incidence of sexual assault, and lifts the veil of secrecy and shame associated with reporting sexual violence.

With unprecedented leader commitment, matched by strong personal commitments from every Soldier, civilian and family member, we can establish a climate that does not tolerate, condone or ignore sexist behavior, sexual harassment or sexual assault.

RELATED STORY

- How to prevent harassment, B-5.



Lt. Gen. Jeffrey Talley, commander, U.S. Army Reserve Command, addresses 9th MSC Soldiers and civilians in his first-ever town hall meeting held for Hawaii-based Reserve Soldiers, April 8. Upon opening the floor for a question-and-answer session, Talley addressed such topics as sequestration and cutbacks in the Reserve component.

Talley: Good time to be in Army, LTG says

CONTINUED FROM A-1

ing military activities.

“The processes in how we track our Soldiers and process their pay weren’t integrated before, but that is all changing,” said Talley. “Gen. Odierno believes multi-compo units are the way of the future, and I believe we’ll see more and more in the days to come.”

Talley’s resounding message to all the Soldiers was to keep a positive outlook on the future and to continue to do their best.

“It’s a good time to be a part of our Army, and it’s a great time to be a part of our Army Reserve,” said Talley.

In his position, Talley oversees all Army Reserve troops in the continental U.S. and has administrative control over Reserve troops overseas, with a total strength of 205,000 Soldiers and more than 12,000 civilians.

Sgt. Audie Murphy Club inducts five

Elite club welcomes newest members

Story and photos by
STAFF SGT. GAELEN LOWERS
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — The 8th Theater Sustainment Command and the U.S. Army-Hawaii Sergeant Audie Murphy Club (SAMC) inducted three new members, as well as two honorary members, into the club’s ranks during a quarterly induction ceremony at the Sgt. Smith Theater, here, April 2.

“This is a great day for these five NCOs (noncommissioned officers), their families and the U.S. Army,” said Command Sgt. Maj. Darren McCraw, a SAMC member and senior enlisted adviser with the 500th Military Intelligence Brigade, who served as the ceremony’s guest speaker.

“They are being inducted into the pickiest of clubs, known for its professionalism, its charity and mostly for its excellence,” McCraw added. “The Sgt. Audie Murphy Club is an elite organization of NCOs, whose demonstrative performance and inherent leadership qualities reflect that of Sgt. Audie Murphy.”

SAMC recognizes exemplary performance by NCOs throughout the Army. Since its inception in 1986, the club has continuously



Lyons (left), shakes hands with the family of Staff Sgt. Robert Boatwright, 500th MI Bde., before inducting Boatwright into the SAMC.



The son of Staff Sgt. Codye Black, 8th MP Bde., 8th TSC, tells Maj. Gen. Stephen Lyons (left), commander, 8th TSC, how old he is before Lyons inducts Black (center) into the U.S. Army-Hawaii SAMC during its quarterly induction ceremony, April 2.

added distinguished leaders to its ranks while honoring Sgt. Audie Murphy, the most-decorated Soldier in the history of the U.S. Army.

Sgt. 1st Class Daphne Thomas, newly elected SAMC president and senior enlisted adviser for the 8th TSC’s equal opportunity and Sexual Harassment/Assault Response and Prevention programs, said she is excited about the direction the Hawaii chapter is headed and is ready for it to take the next step.

“My goal is to move the club forward,” Thomas said. “We’ve been doing great things for the past couple years, but we don’t want to keep doing the same things; we want to do more.

“While our main goal is to support the community, and we do a lot of volunteer work, we also train and mentor younger Soldiers,” she added.

Thomas emphasized that SAMC members are available to the younger generation of Soldiers who may have questions about career progression, awards or anything else.

She also encouraged anyone who is interested to try out.

“The SAMC is a great way to network and learn from each other,” Thomas said.

“It isn’t made up of only one MOS (military occupational specialty),” Thomas added, “it’s a collection of jobs, skills and ranks that we can take from and learn from each other.”

SAMC Inductees The newest inductees to the Sgt. Audie Murphy Club follow: <ul style="list-style-type: none">•Staff Sgt. Codye Black, 8th Military Police Brigade, 8th Theater Sustainment Command;•Staff Sgt. Robert Boatwright, 500th Military Intelligence Bde.; and•Staff Sgt. Chance Jackowski, 8th MI	Bde., 8th TSC. Honorary members also inducted into the club follow: <ul style="list-style-type: none">•Master Sgt. Hector Medina, 130th Engineer Bde., 8th TSC; and•Command Sgt. Maj. Richard Woodring, senior enlisted adviser, 8th MP Bde., 8th TSC.
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Police: DES seeks public’s help in investigation

CONTINUED FROM A-2

The Blotter
The following are excerpts taken from actual Military Police blotter entries from the USAG-HI area of operations, including Schofield Barracks and Fort Shafter. Subjects are innocent until proven guilty.
DES collects and uses these crime and incident statistics to determine patrol distribution within our Army communities.

Toddler found unattended on HMR
The Schofield Barracks Police Station was notified of an unattended child found wandering the streets nearly half a mile from home on Helemano Military Reservation at 8 a.m., March 26.
Upon investigation, military police learned the child’s mother fell asleep, and her 3-year-old left the quarters without her knowledge.
The mother was issued a DD 1408, Armed Forces Traffic Ticket for Unattended Child, and was released on

scene.
Note: Please ensure your children are under constant supervision, for their safety.
Refer to Policy Memorandum USAG -HI-34, Child Supervision Policy for Army Installations in Hawaii, for specific requirements.
When incidents like this occur, the police station will also contact the State of Hawaii Child Protective Services and Military Social Work Services.
These agencies provide a level of scrutiny in their areas of expertise to determine if the situation was accidental or if there is greater cause for concern.
Coordination with these community agencies helps MP and Department of the Army civilian police ensure comprehensive response to serious incidents.
Investigation continues for driver involved in AMR traffic accident
March 12, a gold Chevrolet sports utility vehicle entering Aliamanu Mili-

tary Reservation on Bougainville Drive slowed down next to a young pedestrian.
Witnesses said the juvenile grabbed onto the side of the vehicle, which suddenly accelerated, knocking him off.
The vehicle sped off without rendering aid or assistance.
The juvenile received multiple lacerations, abrasions and bruises on his head and body as a result of the fall, and was transported to Queen’s Medical Center for treatment.
The traffic investigation continues to pursue leads to identify the owner of the vehicle.
Note: In a situation like this, it is never safe to hang on to a moving vehicle.
Under Hawaii State Code, when accidents occur, the driver has a responsibility to stop, provide information and render aid, if necessary.
This incident was preventable with common sense and good judgment.
If anyone has knowledge of this incident, please contact the Fort Shafter Police Station at 438-7114.

Courts: Assault, battery among top offenses

CONTINUED FROM A-2

and 16 years old, aggravated sexual contact with a child between 12 and 16 years old, indecent liberties with a child and indecent exposure.
The private first class was sentenced to reduction to private, forfeiture of \$1,010 pay and confinement for 30 days.
8th TSC
•A sergeant first class from HHC, 322nd Civil Affairs Bde., was found guilty of two specifications of Article 107, false official statement.
The sergeant first class was sentenced to reduction to the grade of sergeant and hard labor for 45 days.
•A staff sergeant from HHC, 8th Special Troops Bn., pled guilty to two specifications of Article 120, aggravated sexual assault of a child under 16 years of age and abusive sexual contact of a child under 16 years of age.

The staff sergeant was sentenced to reduction to the grade of private, confinement for five years and a bad conduct discharge.
•A specialist from 82nd Engineer Co., 65th Eng. Bn., 130th Eng. Bde., was found guilty of one specification of Article 134, communicating a threat; one specification of Article 92, failure to obey an order or regulation; one specification of Article 120b, lewd act; and one specification of Article 128, assault consummated by a battery upon a child under 16 years of age.
The specialist was sentenced to reduction to private, confinement for six months and a bad conduct discharge.
•A specialist from 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., was found guilty of two specifications of Article 128, assault consummated by a battery and assault consummated by a battery upon a child under 16 years

of age.
The specialist was sentenced to reduction to private and confinement for 15 months.
•A private from HHB, 94th Army Air and Missile Defense Command, was found guilty of one specification of Article 128, assault consummated by a battery; and one specification of Article 134, child endangerment.
The private was sentenced to confinement for 12 months and a bad conduct discharge.
In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, these Soldiers will also have a federal conviction that the Soldiers must report when filling out a job application.
A federal conviction strips these Soldiers of many rights, such as the right to purchase and maintain firearms and the right to vote.



CONTINUED FROM A-3

19 / Friday
Wheeler Road Closure — Wright Avenue, between Sperry Loop and Lilienthal Road, to Warhawk Field Road, near the Hawaii National Guard parking lot entrance, will be fully closed, 24/7, now through April 19, for construction.
The following traffic control measures will be implemented during two phases:
•Closure of Wright Avenue/Warhawk Field Road, from Peterson Court to Hawaii National Guard parking lot entrance; and
•Closure of Wright Avenue, from Lilienthal Road to Peterson Court.
Detours include Santos Dumont, Fernandez and Vought avenues.
Note that project schedule is subject to change, pending weather delays and unknown underground conditions. Call 656-2420.

Hewitt Road Closure — Portions of Hewitt Road, between Trimble and Lyman roads, will be fully closed for road reconstruction. Schedule is as follows and is subject to change, pending weather delays:
•Between Trimble Road and Waianae Uka, closed now through April 19 and May 7-8; and
•Between Waianae Uka and Lyman Road, closed April 22-May 6 and 9.
There will no parking along the westbound lane of Waianae Uka, between Floyd and Carpenter streets, April 22-May 9. Call 656-2532.

Bragg Street Road Closure — Portions of Bragg Street, between Williston and Ayres avenues, will be fully closed, 24/7, now through April 19, for road reconstruction. Access will be allowed for local traffic only.
Project schedule subject to

change, pending weather delays. Call 656-2532.

25 / Thursday
Santos Dumont Closure — Portions of Santos Dumont, between Lauhala and Warhawk Field roads and Lilienthal Road, will be fully closed, 24/7, April 25-May 3, to install an underground electrical conduit, waterline and asphalt restoration. Detour signage will be posted.
Project schedule is subject to change, pending weather delays and unknown underground conditions. Call 656-2420 or 864-7014.

26 / Friday
Military Spouse Career Forum — U.S. Army Garrison-Hawaii and its Army Community Service’s Employment Readiness Program sponsor a Military Spouse Career Forum and Career Fair, hosted by local TV personality Bernadette Baraquio of “Living Local,” 11:30 a.m.-2 p.m., April 26, at the Nehelani, Schofield Barracks. Call 655-4788.

Aliamanu Drive/Skyview Loop Lane Closures — Portions of Aliamanu Drive, between Okamura Road and west of Ama Drive, and at the intersection of Skyview Loop and Bunker Access Road, will be partially closed, 7 a.m.-4 p.m., now through April 26, for installation of a new waterline. Traffic will be one way at all times, with two-way traffic during non-work hours.
Project schedule is subject to weather delays. Call 835-4078.

Ongoing
Prevention Month — April is National Sexual Assault Awareness and Prevention Month. Trust your instincts. If you feel uncomfortable or something doesn’t feel right, leave and get to a safe place, immediately. Know how and where to get help.
Sexual assault is a crime. Report incidents of sexual assault to (808) 624-SAFE (7233).



Hale Kula Elementary School students share their electronic portfolios with U.S. Sen. Mazie Hirono (right) and Hawaii State Rep. K. Mark Takai during a visit to the school, April 3. (Photo by Jan Iwase)

Senator Hirono visits Schofield

SGT. MATTHEW RYAN

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Students and faculty waited patiently with lei and warm welcomes at the front entrance of the Hale Kula Elementary School.

The students were excited about the distinguished visitor.

The car pulled up and then out stepped U.S. Senator Mazie K. Hirono, the first female senator of Hawaii, on her first official visit to the school.

Principal Jan Iwase of Hale Kula Elem. greeted Hirono as she stepped out of her vehicle at the school and presented her with a kukui nut lei.

"This was some welcome," said Hirono, who toured, here, April 3.

During her visit to the post, the senator toured the school, the 25th Infantry Division Headquarters, the Warrior Transition Center and Army Community Service.

"The senator is on the Armed Forces Committee, and wanted to see our school prior to the construction project, which is funded by a Department of Defense grant and State grant," said Iwase.

The Hale Kula was granted more than \$25 million from the Department of Defense, and more than \$6 million from the State of Hawaii to upgrade the school, which was first built more than 50 years ago. The grant will help the school make critical facility improvements in order to address student overcrowding.

The renovations will include removal of tiles and new flooring, interior and exterior painting, installation of ceiling fans and replacement furniture. The main costs will be for a new library and media center, new admin center, new covered play court and new classroom buildings, and upgrading current classrooms to meet with standards set forth by DOD. The renovations are planned to start this summer and take a few years to complete.

Following the school tour, the senator met with the command team of the 25th ID. Hirono serves on the Veterans Affairs Committee and Judiciary Committee, and she is a member of three subcommittees: Personnel, Readiness and Management Support. She said she is concerned about the health of the force and concerned with suicide rates and sexual assault in the military.

Following the briefing, the Senator had lunch with Tropic Lightning Soldiers. From the ranks of staff sergeants to captains, they met with the senator at the Warrior Inn dining facility for an open discussion about various topics of how recent budget cuts have ef-

fects the training requirements and overall welfare and morale of their units.

Some of the concerns were about lack of money for supplies, such as fuel and ammunition for training. One concern shared by many of the Soldiers was the recent reinstatement of the tuition assistance program that had been cut from the Army.

Hirono is one of the main supporters for an amendment for protecting the TA program.

"I am very pleased to see this important bill that protects tuition assistance for our brave service members has passed both the House and the Senate," said Hirono. "I understand all the concerns and worries of family members and service members."

Hirono mentioned it is going to be a long and hard process, but she is dedicated to helping the military and their families.

"We have to work together on this, we will get through it," she said.

After lunch, the senator took the opportunity to visit the Warrior Transition Center, which helps Soldiers prepare for transition out of the Army, whether for educational purposes or seeking additional medical help.

During her tour at the WTC, she met with six Soldiers to learn about their experience. All shared their stories and how the staff has helped them get into college and work towards a degree before they leave the military service.

She wrapped up her tour at the Army Community Service center.

Hirono said she received a good tour, here, and she wants to work with the 25th ID to ensure Soldier and family member health, well-being and quality of life.



U.S. Sen. Mazie Hirono (center right) and Col. Daniel Whitney (center left), commander, U.S. Army Garrison-Hawaii, hold a discussion with Hale Kula Elementary School faculty and family members during a visit to the school, April 3. The senator wanted to visit Hale Kula before construction begins in the summer. (Photo by Sgt. Matthew Ryan, 25th Infantry Division Public Affairs)

Hale Kula keiki are engaged, motivated

JAN IWASE

Hale Kula Elementary School

SCHOFIELD BARRACKS — Hale Kula Elementary School was the first stop for U.S. Senator Mazie Hirono on her tour, here, April 3.

Earlier this year, Hirono announced the school would receive a \$26.6 million Department of Defense facilities grant, and she wanted the opportunity to see the school, learn more about the upcoming project, and meet with parents and students.

Hirono was joined by State Representative K. Mark Takai; Complex Area Superintendent, Dr. John Brummel; Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii; and Command Sgt. Maj. Philip Brunwald, senior enlisted leader, USAG-HI.

The senator requested a meeting with parents to get their perspective of education and how it might be improved. Several parents shared that even though they had heard negative comments about schools in Hawaii, they decided to take a chance and have not regretted their decision.

"It's important to get involved," stated Stacy Timmins, president of the school's Parent Teacher Organization, as others nodded in agreement.

Parents shared information about programs found at schools in Hawaii, such as transition programs that help students to adjust to school, and a partnership with Tripler Army Medical Center, which supports students by providing mental health services at school.

Parents pointed out that military children face unique challenges, and these kinds of programs are appreciated.

"These services weren't available at other schools we've attended," said parent Jennifer Calhoun.

The next stop for the senator was room F4 where fourth and fifth graders are part of a pilot Blended Learning program, funded by a DODEA grant. Students in this program attend school for two-and-a-half days per week and access their learning virtually at home on the other days.

Blended Learning students had researched material about Sen. Hirono, and they had prepared a number of questions to ask her.

Some questions included, "If you could change one law, which one would it be?"; "What world leaders have you met?"; "Why did you want to be a Senator?"; and "Is it a hard job?"

Hirono answered the questions patiently, and then it was time for the students to share their electronic portfolios with the visitors.

It was wonderful to see the students teaching the visitors about how they access their lessons online, how they communicate with their teacher and their classmates, and how they have used technology to create projects.

Visitors were amazed at the confidence of the students as well as their competence and creativity when using technology.

The visit came to an end much too soon. Hopefully, Sen. Hirono will be back to see the school when the facilities project is completed.



The three-year \$32.5 million construction plan for Hale Kula Elementary School is scheduled to begin following completion of spring classes, May 24. (Courtesy photo)



Briefs

Today

FS Right Arm Night — Get in the baseball spirit, beginning at 4 p.m., and enjoy drink specials and a pupu buffet. Spouses and DOD civilians welcome. This event is for adults.

Tickets are \$8 at the door and on sale at the Hale Ikena. Call 438-1974.

Coed Kickball — Entry deadline is April 12 for this event at TAMC Tripler Field and FS Takata Field. Tournament runs April 29-May 10. Call 655-0856 for applications and information.

14 / Sunday

National Library Week — Receive a free book bag at FS Library during National Library Week, April 14-20, while supplies last. Call 439-9521.

15 / Monday

Mongolian Barbecue — Dinner is served starting at 5 p.m., Mondays, at SB Kolekole Bar and Grill (655-4466) and Thursdays at FS Mulligan's Bar and Grill (438-1974). Cost is 65 cents per ounce.

17 / Wednesday

Preschool Story Time — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

New Drawing Classes — Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow:

- Adult class, 10 a.m.-12 p.m., \$35.
- Teens class, 2-3 p.m., \$25.

All supplies included; preregistration required. Call 655-4202.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

WAAF Roadwork — One-lane closures, 7:30 a.m.-5 p.m., of Lauhala Road will be conducted April 12-25, to perform installation of underground electrical conduit, waterline and asphalt restoration for Combat Aviation Brigade infrastructure. Two-way traffic pattern will be restored after work hours.

Project schedule is subject to change pending weather delays and unknown underground conditions. Call Bill Fitzgerald, DPW project management, 656-2420.

Tax Center — All Army, Reserve, Guard, family members and retirees are eligible for free tax service assistance. Tax centers are open at SB and FS. Call 655-1040 or visit www.facebook.com/hawaiiarmytax centers/info.

13 / Saturday

YMCA Healthy Kids Day — Free entrance to Bishop Museum for kamaaina and military families with valid ID, 9 a.m.-2 p.m., April 13, for a family event that encourages parents and children to have fun while learning about being healthy. Includes exercise demos, health screenings, activities, games, U.S. Air Force Band and prizes.

EARTH MONTH

Seeds are planted for several Earth Day, Earth Month events

U.S. Army Garrison-Hawaii will be hosting numerous events for its second annual Earth Month celebration.

What began as a single day has evolved into a monthlong celebration with a wide variety of events for Soldiers and families to enjoy throughout the island of Oahu.

Earth Month

Happenings include the following events:

•April 19 and 30, 8 a.m.-5 p.m. Kahanahaiki, Makua Military Reservation and Makaha Valley, Oahu. Volunteer service trips to clean out invasive weeds along a moderately challenging trail. Hike will include a detour to view Makua Valley and leeward coast.

Volunteer application must be received at Oahu Army Natural Resource Program at least two weeks prior to the event. Minimum age 14. Call 656-7741.

•April 16, 12-3 p.m. Dumpster Diving at various locations on post. Help us help you increase diversion of waste from landfills by determining what's in your dumpster. Contact the DPW for details, 656-3085.

•April 18, 8-11 a.m. Greening Your Workspace at various offices on post. Call the DPW, 656-3085, to

schedule an office greening to help your office be more sustainable.

•April 22, 10:30, 11 and 11:30 a.m. Tour Hale Kula Elementary School on Schofield Barracks. Learn about the school's Sustainable Outdoor Classroom through student-led tours of the working garden, rainwater harvesting system and native plant gardens. Call 656-3086.

•April 24, 1-4 p.m. IPC and DPW Environmental Division team up on Earth Day, April 24, at the Kalakaua Community Center on Schofield Barracks for a fun-filled family event.

•April 27, 8-10:30 a.m. U.S. Army Corps of Engineers is hosting a beach cleanup. Volunteers will meet at the Pacific Regional Visitor Center (438-2815) at Fort DeRussy near Waikiki.

•April 27, 10 a.m.-2 p.m. Fort Shafter Flats Parade Field's Earth Day Festival hosted by the 9th Mission Support Command and 9th Theater Support Group's Environmental Division, 438-1600, ext. 3307.

Additional information and sign-up sheets for various activities can be found at the USAG-HI DPW Environmental Division's Web page: www.garrison.hawaii.army.mil/sustainability/Environmental.aspx.



BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming

programs. Call 655-1130.

•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

•South meetings, 10 a.m., 2nd and 4th Wednesdays, AMR Chapel.

18 / Thursday

Tropics Poker Tournament — Texas Hold'em poker, 6 p.m., at Trop-

See FMWR Briefs, B-7

14 / Sunday

Bishop Exhibit — Japanese-American World War II Nisei Soldiers and the Congressional Gold Medal Exhibit honoring the 100th Infantry Battalion, 442nd Regimental Combat Team, and the Military Intelligence Service, ends April 14 at Bishop Museum. Call 848-4190.

15 / Monday

Military Mondays — Windward Mall military members and their families receive 15 percent off qualified purchases at more than 50 participating merchants. The program is open to all active duty, retired military and qualified military family members with a valid ID.

20 / Saturday

Bishop Museum — Grow Hawaiian Festival celebrates Earth Month, 9 a.m.-3 p.m., April 20. Admission fee is \$14.95-\$19.95; 3 and under are free. Live music, hula performances, food, makahiki games and Hawaiian crafts with full museum access throughout the day.

21 / Sunday

Shakespeare Auditions — The Hawaii Shakespeare Festival will hold four days of open auditions beginning 1-4 p.m., April 21, Paliko Theatre, Windward Community College. Auditions continue for the 12th annual festival April 22-23 and 27. Visit HawaiiShakes.org or call 256-6657.

24 / Wednesday

Earth Day Festival — Island Palms Communities and dozens of community organizations hold the 6th annual festival 1-4 p.m.,

Kalakaua Community Center, SB. Features interactive exhibits and live entertainment. Visit www.IslandPalmCommunities.com/EarthDay2013.

26 / Friday

Career Fair — Army Community Service will host a military spouse career forum as part of the career fair, 11:30 a.m.-2 p.m., April 26, SB Nehe-lani. Contact the ACS Employment Readiness Program, 655-4489.

27 / Saturday

FS Earth Day Festival — Annual FS festival runs 10 a.m.-2 p.m., Fort Shafter Flats. Features interactive exhibits and live entertainment. Visit www.IslandPalmCommunities.com/EarthDay2013.

Ongoing

AMR Lane Closure — Portions of Aliamanu Drive between Okamura Road and west of Ama Drive, and the intersection of Skyview Loop and Bunker Access Road, will be partially closed, 7 a.m.-4 p.m., through April 26, for installation of a new eight-inch waterline.

There will be one-way traffic at all times and two-way traffic during nonwork hours.

The project schedule is subject to change, pending weather delays. Project manager is Tammy Luke, 835-4078.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense

personnel.

The offices provide assistance on issues including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military administrative matters and insurance claims.

Also, notary services and powers of attorney are available. Contact SB Bldg. 2037, 655-8607, or FS Bldg. 330, Rm. 110C, 438-2627

Recycling Bin — FS Elementary invites the community to use its recycling bin in front of the school, as all monetary proceeds will benefit the school.

The following items will be accepted loosely, not in plastic bags: aluminum cans (rinsed), glass bottles and jars (rinsed, lids removed) and plastic containers (rinsed, lids removed).

Bag/box the following items before depositing: newspapers (magazines and glossy inserts removed), corrugated cardboard (flattened), and white and colored bond paper.

Free College Level Exam

The Schofield Army Education Center offers CLEP and DANTES Subject Standardized Tests (DSST) every Tuesday, from 9 a.m.-5 p.m., SB Education Center, Bldg. 560, Rm. 214.

Testers must arrive two hours before closing to provide ample time to complete the tests. Study guides are available at the Learning Resource Center, Rm. 203.

Visit hpunationaltestingcenters.wordpress.com/about/.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
-8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, WAAF and TAMC chapels
•Lutheran/Episcopalian
-10 a.m. at HMR
-10:30 a.m. at AMR
•Contemporary Service
-11 a.m. at Soldiers Chapel

This Week at the MOVIES

Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Oz the Great and Powerful

(PG)

Fri., April 12, 6 p.m.
Sat., April 13, 2 p.m.
Sun., April 14, 2 p.m.



Snitch

(PG-13)

Sat., April 13, 6 p.m.
Wed., April 17, 6 p.m.
Thurs., April 18, 6 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command

25th ID: 25th Infantry Division

ACS: Army Community Service

AFAP: Army Family Action Plan

AFTB: Army Family Team Building

AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA

BCT: Brigade Combat Team

BSB: Brigade Support Battalion

Co.: Company

CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

Recreation

FRG: Family Readiness Group

FS: Fort Shafter

HMR: Helemano Military

Reservation

IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

SKIES: Schools of Knowledge,

Inspiration, Exploration and Skills

TAMC: Tripler Army Medical

Center

USAG-HI: U.S. Army Garrison-

Hawaii

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield

Career Fair aids military spouses on Hawaii jobs

YOLANDA JOHNSON
Army Community Service

SCHOFIELD BARRACKS — Job seekers will receive a unique local perspective at the Military Spouse Career Forum at the Nehelani, here, April 26.

The event, from 10 a.m. to 2 p.m., will be hosted by Bernadette Baraquio from the television show “Living Local” and is designed to assist U.S. Army Garrison-Hawaii spouses with the Hawaii job market and cultural insights, while spouses seek employment opportunities.

This event will feature four segments and includes a panel of subject matter experts in each category.

- 1 The “**Learning**” segment consists of the Department of Labor’s Oahu WorkLinks for professional licensing, the Civilian Personnel Advisory Council, the Non-Appropriated Fund, the University of Hawaii, nursing and dental assistant schools, and an advocate of Hawaiian cultural awareness.
- 2 “**Leading**” has senior business professionals from local companies, including Dellew Corporation, Goodwill Industries, Walmart and others.
- 3 “**Living**” will discuss fitness and wellness for military spouses. The panelist will include Beverly Tate from 25th Combat Aviation Brigade and the Makana Esthetics Wellness Academy-Beauty School.
- 4 “**Career Fair**” and 75 employers have been invited to Schofield Barracks for a hiring event.
- This event is designed to give those seeking employment important tools needed for success. Participants will learn how to maneuver through HireNet Hawaii, licensures procedures, cultural awareness and a self-care plan while seeking employment opportunities.

The first three segments will arm participants with all the necessary knowledge to successfully navigate Career Fair 2013, where they can make connections with dozens of employees.

The fourth segment is when critical connections with employers and possible on-site job interviews will be held.

The Employment Readiness Program, part of Army Community Service, in USAG-HI’s Directorate of Family and Morale, Welfare and Recreation, sponsors this career forum. The program primarily provides assistance to military spouses in acquiring skills, networks and resources that will allow them to participate in the workforce and to develop a career or work plan.

Services are free to spouses, Soldiers, retirees reservists, and relocating DOD civilian personnel.

Employment Readiness

The Army Community Service’s Employment Readiness Program offers employment counseling, assistance in job search and job skills training, among other services.

The ERP’s mission is to “assist commanders in maintaining readiness of individuals, families and communities within America’s Army by developing, coordinating and delivering services, which promote self-reliance, resiliency and stability during war and peace.”

For more information, job-seekers should contact the ERP manager at 655-4788.



Sgt. 1st Class John Freese (left), operations noncommissioned officer, and Chief Warrant Officer Kevin McSally, legal administrator, both with 9th Mission Support Command, fish a shopping cart from the canal that runs along the Pearl Harbor bike path in Waipahu during the annual bike path cleanup, Saturday.

9th MCS, state cart off path debris

Story and photos by
SGT. ELIZABETH COLE
305th Mobile Public Affairs Detachment
9th Mission Support Command

HONOLULU — On any given day of the week, one can find runners, walkers, bicyclists and even motorcyclists zipping up and down the Pearl Harbor bike path in Waipahu.

For Sgt. 1st Class John Freese, operations noncommissioned officer with the 9th Mission Support Command, the daily commute, as he bikes from Ewa Beach to Fort Shafter Flats, here, can sometimes be an adventurous one.

“I’ve seen everything along the path, from scrap metal to wild pigs,” said Freese, chuckling.

Because of this kind of debris and trash found all along



Ed Hewitt (left), environmental inspector for the Directorate of Public Works, and his son help clear debris from the Pearl Harbor bike path in Waipahu, Saturday.

the bike path, Soldiers and civilians of the 9th Mission Support Command and U.S. Army Garrison-Hawaii joined forces to lend a helping hand in the Pearl Harbor bike path cleanup, here, Saturday.

Headed up by the City and County of Honolulu’s Department of Environmental Services, the annual community event brought together approximately 250 volunteers from around the island to get their hands dirty, clearing things like old tires, shopping carts and even wheelchairs from the path.

“This is a great event that really promotes stewardship for the community,” said Tonya Ketza, environmental manager for the City and County of Honolulu. “The path is a recreational resource that many people use, whether for leisure or commuting. So, it’s important we do our part in keeping it clean.”

Freese explained the path provides a great way to get off the main roadways and out of traffic, as well as a safe way to commute. But, in his mind, it could still be even safer.

“Each time I bike the path, I see more and more safety hazards. This cleanup not only adds to the beauty of this historic area, but helps to eliminate those hazards I come across nearly every day,” said Freese.

The 9th MSC has been involved in helping with the cleanup for six consecutive years. Wayne Mitsko, environmental manager for the 9th MSC, plays an important role in organizing the efforts for the command.

Mitsko explained that this event is always an important one for the 9th MSC because it strengthens the relationship between the military and civilian communities a great deal. However, he would like to see even more participation in the years to come.

“This is a worthy effort and a chance for us to give back to the local community,” said Mitsko. “A few hours of our time goes a long way to improving the quality of life for all who enjoy the path, whether biking, running or just wandering through.”

2nd SBCT launches a local ‘Lightning Athlete Warrior’

Story and photo by
SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Determination is clearly visible in his face as he focuses on his form, the sweat dripping from his face as the barbell falls back to the mat with a thud.

“It is a lot harder to do these the right way,” said the Soldier-athlete.

Soldiers of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, are pushing the limits of physical training with the newly implemented Lightning Athlete Warrior program. The first academy session was held, here, March 28, in order to prepare leaders to implement this training at their units.

The LAW program focuses on improving Soldiers’ abilities both physically and mentally in a safe and structured manner.

“The LAW Academy is set in place to help leaders learn to plan physical training to meet defined goals,” said Sgt. 1st Class Thomas Zeisser. “The goal right now is to prepare for and pass the LAW assessment.”

The LAW program is based on the Ranger Regiment’s RAW, or the Ranger Athlete Warrior, program, said Zeisser. This program was used as a model because the Ranger Regiment has been able to hire specialists in the health and nutrition fields that won’t be available to every unit in the Army.

“LAW started as an experiment in the brigade operations section,” said Zeisser. “We founded and tested it with some amazing feedback from the Soldiers ... (who) were making huge leaps in performance, shaving minutes off of run times and improving PT (physical training) scores drastically.”

Like most Army training, the academy has been designed to train the trainer so that the program can be rapidly disseminated and properly implemented within the brigade.

“One of the reasons we have this academy is to teach the supervisors of PT the proper form for lifting and body weight exercises to ensure there are less injuries,” said Zeisser. “The LAW program incorporates a lot of mobility work, which helps in injury prevention.”

The academy is providing the fundamentals to understand the three different phases that LAW is based upon, said Zeisser.



Sgt. 1st Class Thomas Zeisser corrects a deficiency in lifting technique for a Soldier of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, as part of the Lightning Athlete Warrior Academy, March 28. The LAW program is designed to push the physical and mental capabilities of Soldiers by incorporating multi-phased resistance training into their physical training.

Strength, endurance and foundation are the phases used to produce peak performance when properly implemented.

However, the program isn’t all about picking up large objects just to put them back down. The science behind the program puts a focus on the fuel the Soldiers put in their bodies.

“Nutrition plays a large part in physical development, and LAW teaches the Soldiers how to make better decisions concerning their diet,” said Zeisser.

The program is based on combat, Zeisser added.

Preparing Soldiers to fight and win is the goal of any good training program.

New battalion sports begins

TIM HIPPS

U.S. Army Installation Management Command
SAN ANTONIO — If Chief of Staff of the Army Gen. Raymond T. Odierno has his way, super-athletic battalions someday will be crowned sports champions of the U.S. Army.

A new Army Sports Program is headed this spring to installations and garrisons worldwide.

Not to be confused with intramural sports leagues provided by Army Morale, Welfare and Recreation, the Army Sports Program will pit battalions against one another in seven men’s and women’s team and individual core sports.

“The MWR intramural sports program that’s been in existence forever on the garrisons gives commanders the ability to allow civilians and family members with ties to units a chance to play,” said Bob Vogt, acting division chief, Soldier and Community Recreation, U.S. Army Installation Management Command. “They augment so that we can have small units playing in intramural sports programs.



FORT SHAFTER — Sgt. Kyle Mangrum (top), tactical communication noncommissioned officer, 8th Theater Sustainment Command, tries to choke his opponent, Sgt. 1st Class Terry Smith, NCO in charge of the support operations mobility, 8th TSC, during Combatives Certification at the physical education center, March 15. Combatives will be a part of the new battalion sports program competition beginning in May. (Photo by Sgt. Gaelen Lowers, 8th Theater Sustainment Command Public Affairs)

“The battalion sports program is a Soldier-only program,” Vogt continued. “The intent was to do it at the battalion level, so we can get the best Soldier-athletes to represent their battalion as they move forward. ... It should make it a much more exciting program, and that’s the main difference between the two. This is recognizing the best Soldier-athletes in the Army.”

The semiannual competition will include men’s and women’s basketball, volleyball and soccer in the spring, along with coed combative teams, and men’s and women’s flag football, softball and cross country in the fall.

“The beauty of the program is it provides another opportunity for Soldiers to compete in a competitive sport and create unit esprit de corps,” Vogt said. “Crowning a champion and moving forward like we’ve done in the past in the Army is something you never forget in your Army career. We’re trying to give the Soldiers that opportunity one more time.”

The goals of the command-directed program are to help build resiliency, increase Soldier and unit interest in athletic and sports activities, and advance opportunities for Soldiers to compete at the Army level.

The plan is for the Army Sports Program to eventually consist of three phases, beginning with installation battalion competitions that lead to region invitational championships and culminating in a Chief of Staff of the Army Sports Championships.

Because of current financial challenges, the regional and Armywide portions of the program are cancelled for 2013 and may be implemented later. Once the Army can execute the program in its entirety, each installation will select one battalion-level men’s and women’s team in each of the six sports to compete at the regional level.

The top two men’s and women’s teams in each sport at the Region Invitational Championships will advance to the CSA Army Championships. The combative teams, featuring one man and one woman, will bypass regional competition and advance directly to the CSA Sports Championships.

In the end, Army men’s and women’s championship teams will be crowned in each of the six sports, along with a mixed squad of combative champions.

(Editor’s note: See the full article at www.army.mil/article/100324/.)

STDs cause serious illness, sometimes even death

LISA SCHEIDELMAN
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — April is sexually transmitted disease (STD) awareness month, an annual effort aimed at educating the public about prevention, treatment and risk reduction.

STDs are serious problems affecting both military and civilian communities.

The Centers for Disease Control and Prevention estimates that more than 20 million new STDs occur annually in the U.S., contributing to 110 million cases — all of which are preventable. Nearly half of cases occur among young adults aged 15–24.

STDs burden America’s youth, and cost the health care system almost \$16 billion each year.

STDs 101

Common STDs include chlamydia, gonorrhea, hepatitis B, hepatitis C, herpes, human immunodeficiency virus (HIV), human papillomavirus (HPV), syphilis and trichomoniasis.

STDs can cause infections within multiple body sites, including the eyes, mouth, throat, anus, penis, vagina and liver.

Anyone who has unprotected sex — whether it’s oral, vaginal or anal sex — is at risk.

STDs can also be spread from mother to baby, by sharing needles, syringes or razors, or using unclean tattoo or piercing equipment.

STDs don’t always produce recognizable symptoms, but can still be spread to others. It’s also impossible to tell if someone is “clean” just by looking at them.

When symptoms occur, they are usually mistaken for another skin condition, bladder or vaginal infection. In general, STDs can cause painful urination, itching, discharge, swollen testicles, bleeding between periods, sores, warts or lesions.

STDs burden America’s youth, and cost the health care system almost \$16 billion each year.

Long-Term Complications

Untreated STDs can lead to irreversible problems in males and females. For instance, untreated chlamydia or gonorrhea can cause pelvic inflammatory disease in females, a condition causing reproductive complications.

STDs can also cause health effects in newborns.

HPV can cause cancer of the penis, anus, cervix or throat. Syphilis, HIV, hepatitis B and C are serious diseases that can result in long-term health problems — and even death.

Treatment

Some STDs can be cured with antibiotics; others are permanent, but treatment can help manage symptoms. Medication must be taken as prescribed and not stopped early, even if symptoms improve. This care will prevent STDs from becoming resistant and eventually untreatable.

High-Risk Activities

Participating in high-risk activities can lead to an STD. Activities include having unprotected sex, not always using con-

STD Awareness

For more details and prevention tips, visit these sites:

- www.afhsc.mil/msmr.
- www.cdc.gov/std/stats/STI-Estimates-Fact-Sheet-Feb-2013.pdf.

To locate a center, text your zip code to GYTNOW (498669).

doms, having multiple sex partners, frequent one-night stands or exchanging sex for money or products. Also, being under the influence of alcohol or drugs can impair judgment and lower inhibitions.

Social “hook up” networks and mobile applications allow for easy ways to meet new people, but it’s not always safe and can lead to high-risk activities.

Screening

It is important to get tested. Military treatment facilities offer free, confidential testing, treatment and counseling for beneficiaries. Civilian public health departments also offer testing.

To locate a center, text your zip code to GYTNOW (498669).

Testing for most STDs can be as easy as providing a urine, blood or saliva specimen.

People who participate in high-risk activities should be frequently tested for HIV and STDs. The Army requires annual chlamydia screening for female Soldiers under 25. Additionally,

all Soldiers are required to be tested for HIV at least once every two years.

Vaccination

Only a few vaccines are available to protect against STDs. The HPV vaccine is recommended for males and females 11–26 years old.

Military personnel, infants, children under 18, high-risk occupations or participants in high-risk activities should also receive the Hepatitis B vaccination.

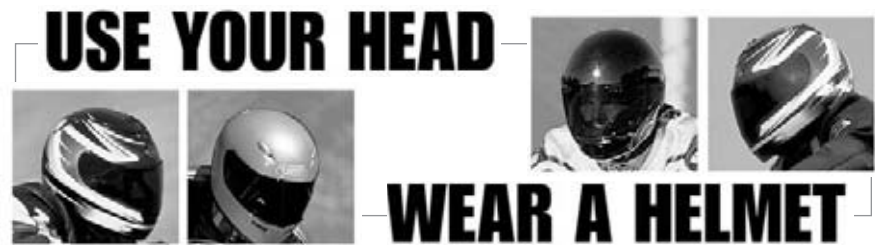
The Hepatitis A vaccine is also recommended for those who engage in anal sex; two doses of the vaccine are needed.

Risk Reduction

Remember, STDs are preventable. Sexually active individuals must use protection (male or female condoms) every time to prevent getting or spreading an STD.

Practicing mutual monogamy between uninfected partners can also prevent infections.

(Editor’s note: Scheidelman is an epidemiologist at USAPHC.)



TAMC recognizes National Healthcare Decisions Day

Beneficiaries are encouraged to develop end-of-life care choices

**DR. RICHARD RIES &
DR. (LT. COL.) MATTHEW STUDER**
Tripler Army Medical Center

HONOLULU — If a loved one was in a serious accident or suddenly diagnosed with a life-threatening condition, do you know what his or her wishes would be regarding end-of-life care?

Does your family know your wishes?

Unfortunately, candid discussions about the complexities of end-of-life care for many patients are often either delayed, or worse yet, never take place.

National Healthcare Decisions Day, recognized April 16, annually, aims to provide a venue for patients, families and health care providers to initiate a dialogue about medical choices in the context of the individual's values.

Tripler Army Medical Center will join other health care facilities around the country to promote the sixth annual recognition.

Fewer than 50 percent of terminally ill patients had advance directives in their medical records.

Representatives from TAMC's Ethics Committee will be available at the hospital entrances, 8-11 a.m., April 16, to share information and address questions patients and providers have about end-of-life care and health care planning. An additional discussion about advance health care decisions will be held later that day at noon in the 10th floor conference room.

Advance health care planning, formally known as an advance directive, is written documentation of these choices and preferences. It affords us the opportunity to consider and appoint a loved one to speak on our behalf in the event we are no longer able to communicate those wishes ourselves.

Advance directives became legally binding agreements in 1990 when Congress enacted the Patient Self-Determination Act. Since that time, more and more patients have elected to make their wishes known before serious medical problems arise, but TAMC would like to see more of its patients move forward with such planning, and involve a health care provider they trust.

According to a U.S. Agency for Healthcare Research and Quality broad study, fewer than 50 percent of terminally ill patients had advance directives in their medical records, and only 12 percent of patients with an advance directive had received input from their physician in its development.

Additionally, between 65-76 percent of physicians whose patients had an existing advance directive were not aware their patients had one.

TAMC's Ethics Committee wants to encourage better communication between health care providers and patients, and more awareness of advance health care planning options

among its patients.

Studies published in the "Journal of the American Medical Association" have shown that having an open dialogue and subsequent health care planning improve patient quality of life and end-of-life care. It also supports surviving family members by minimizing stress, anxiety and depression.

National Healthcare Decisions Day is a call to all of us as a community to take a peek beyond our typical view toward mortality. It challenges health care providers, patients and families to encourage one another to lift their heads from the proverbial sand and openly discuss the health care wishes of an individual before illness potentially takes that ability away.

Talking about death isn't always easy, but it is an important opportunity to consider what things are important to us, and share those beliefs with those around us to ensure that those caring for us have our guidance.

Health Care Resource
Read more about the observance at www.nhdd.org.

Life Care Discussions

Stop by either the Mountainside or Oceanside entrances of Tripler Army Medical Center, 8-11 a.m., April 16, to discuss advance directives and other options for end-of-life care with the Ethics Committee.

Join the Ethics Committee for a more in-depth discussion later that day at a brown-bag luncheon, noon, April 16, in the 10th floor conference room.

Further information on National Healthcare Decisions Day and how to comfortably navigate the process of creating an advance directive is available at your primary care provider's office, through Tripler's social work department or online at www.NHDD.org.

(Editor's note: Ries is a resiliency subject matter expert with the Pacific Regional Medical Command's Care Provider Support Program and a member of Tripler Army Medical Center's Ethics Committee. Studer is the chief of Pediatric Cardiology and chair of the Ethics Committee at Tripler.)



Briefs

CONTINUED FROM B-2

24 / Wednesday
Administrative Professional's Day Lunch Buffet — SB Nehelani (655-4466) and FS Hale Ikena (438-1974) will offer a special luncheon in recognition of support help. Reservations suggested.

Ongoing

Neighborhood Watch Program (NWP) — Would you like to know how to keep your neighborhood safe? Interested in starting an NWP? It's a simple process that takes initiative and personal responsibility. Email NWP@IPChawaii.com.

Vehicle Safety Check — The SB and FS Auto Skills centers perform Hawaii safety checks on a first-come, first-served basis; no appointments. Call SB auto at 655-9368 or Fort Shafter at 438-9402.

Richardson Pool Closure — SB's Richardson Pool is closed through May. For patron convenience, restrooms and showers are open from 6-9 a.m., during PT, Mondays-Fridays. All other operations are moved to Helemano swimming pool.

Storage Shed Rental — Rent a storage shed from either the FS (438-9402) or Schofield Barracks (655-9368) Auto Skills centers. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month.

Water Exercise and Private Swim Lessons — This new service features lessons and classes at both Tripler (433-5257) and Helemano (653-0716) pools.

DIY Auto Repair — SB (655-9368) and FS (438-9402) Auto Skills centers offer bay rentals; a flat bay is \$4 per hour and a lift bay is \$5.

ics Warrior Zone, SB, every Thursday. The free weekly tournament is open to all ID cardholders, 18 and older. Call 655-5698.

19 / Friday
Softball Registration — Sign up now through entry deadline of April 19 for Army Hawaii men's and women's intramural softball at FS Takata Field and SB Stoneman Complex. League runs May 6-Aug. 30. Call 655-0856.

20 / Saturday
Parent-Child Ball — Child, Youth and School Services will hold a parent-child ball, 5:30-9 p.m., April 20, at the SB Nehelani. Price for children 6-11 years, \$13; 12 and older, \$15.

Tickets available at the CYSS School Age centers at Fort Shafter, Aliamanu, Schofield or the Nehelani. Call 656-0137.

22 / Monday
Sand Volleyball — Join weekly competition on Mondays; game starts at 6 p.m., SB Tropics Warrior Zone. Call 655-5698.

23 / Tuesday
Investment Workshop — Learn about investing, 6 p.m., Sgt. Yano Library, SB, with Morningstar Investment Research Center, an online stock and mutual fund resource available through AKO and Army libraries. Preregister at 655-8002.